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ALCOHOL:

Its effects upon the Organs of the Body,

BEING

A LECTURE

DELIVERED BEFORE THE

St. John's Branch of the Church of England Men's Society,
at St. John's Hall, South Street, Carlisle,

On TUESDAY, DECEMBER 7th, 1909,

BY

H. A. LEDIARD,
M.D., Ed.; F.R.C.S., Eng.;
Surgeon to the Cumberland Infirmary, Carlisle.

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INTRODUCTORY REMARKS.

In nearly all countries there are to be found certain characteristics peculiar to the people, some of which are beneficent, while others have a baneful influence upon mankind.

The Chinese have a craving for eating and smoking opium, and carry this habit into other countries to which they migrate.

The Japanese make a spirit from rice, called saki.

The French nation use a drink called absinthe, which does not improve the race.

The Germans drink a large amount of beer, which makes them fat.

The North American Indian knew nothing of drink until he came into touch with so-called civilization, and then whisky began to break him up to the point of extermination.

The much-abused Turk drinks no alcohol, and he is, when well led, the finest soldier in the world, and can live on almost nothing when he is on the march.

The so-called heathen, to whom missionaries are sent, never touch alcohol, and are a numerous, industrious, and self-sacrificing race.

In England, whisky is a favourite article of consumption, and much money is made by those who sell it, and much disease induced by its consumption.

The Laplanders and Esquimaux have a liking for blubber, or fat from the whale, but they don't go mad with it, or require any licence to control its sale.

The unfortunate Jew belongs to a race which has no home of its own, nor city belonging to it. He has no country to love and nothing to cling to except tradition. As a race, Jews are sober, clean in their habits, industrious, money-making, money-saving, and show a bill of health which contrasts favourably with that of the Christians, who pray for them.

The Arab is in some ways a model to the world, for he touches no strong drink; and the same is to be said of all followers of the Prophet Mohammed.

It is true that European civilization has brought many benefits to the world, but at the same time those benefits have been attended by very doubtful advantages.

Why is it that certain States in America prohibit the sale of alcohol within their borders?

Why is it that so much time is occupied in this country with making or changing the laws regarding the traffic in liquor?

Why was it that the French Republic placarded Paris with a denunciation of alcohol, pointing out the mischief and the danger associated with its use? Why was it that the seller of alcohol objected to the placard? Perhaps it interfered with his business.

Why was it that the late Sir Wilfrid Lawson devoted his wealth and his life's labour to prevent people from drinking, and to change the laws of the liquor traffic in this country? Possibly his experience led him to see that drink had in the past been disastrous, and in the present was sapping the strength of the English nation; he was not at all wide of the mark.

The answer to all these questions is known to everyone, and "he who runs may read" the meaning without checking his pace.

In this address the intention is not to harrow your feelings with an account of police court, hospital, lunatic asylum, or prison scenes, attributable to excess in the use of alcohol, but to interest you, if possible, in the damage done to the tissues of the body by the daily use of alcohol.

Owing to the labours of practical reformers like Rowntree, of York, and others, much information has been gathered and something done in the right direction; while owing to the outspoken and plain speaking methods of Sir Victor Horsley and Dr. Mary Sturge, a flood of light has been concentrated upon the question from the medical point of view, *i.e.*, upon the damage done to the tissues of the body by alcohol.

In spite, however, of the efforts of the employer of labour, in spite of the efforts of science, there is only a half awakening to the fact that the English nation loses time, health, money, and place in the race for the world's position by the evil and mischievous use and abuse of alcohol. I fancy I can hear some one saying, "Why, you are a doctor, and who orders alcohol more frequently than a doctor, or who is more responsible for its use?" My reply is, that the bulk of the inhabitants of a city, town, or village is not always on the sick list, and that the doctor does not send his patients to a public-house to get his prescription made up.

I will, however, admit at once that the medical profession is far more careful in the ordering of alcohol during sickness to-day than it formerly was; far more alive to the risks due to the use of alcohol than twenty years ago. It may be that alcohol ordered in a sickroom has been the means of creating

a craving for alcohol that was not felt prior to the illness for which it was prescribed. Such cases must be of quite exceptional occurrence, and form but a very small proportion of the total number of cases of intemperance throughout the country.

Furthermore, are you aware that there is in London a Temperance Hospital which has been at work for thirty-six years, and that the results shown by this institution have had an influence upon our profession, and have opened the eyes of doctors to the fact that diseases can be cured without the administration of any alcohol?

There is one thing about the profession to which I belong which may give rise to a sneer from an outsider, but the sneer is not fairly deserved. The medical profession is a progressive one, and when a routine method of practice or treatment is found to be mischievous, there is no hesitation in changing it, regardless of any charge of instability that may thoughtlessly be preferred against the profession. As an example, take the use of the lancet and also the leech. In the twenties, thirties, forties, and fifties, bleeding for almost all diseases and injuries was universal in England. You know that it is rarely carried out to-day, and that a leech is seldom to be seen in the window of a chemist's shop. A change has come over our profession, and inasmuch as we know that valuable lives were perhaps lost through a mistaken and too vigorous assault on a disease, so we now know that mischief may have been caused in the past by a careless ordering of alcohol in a sickroom, which has originated a habit that was followed up when the back of the doctor was turned: in other words, when the sickness was over and done with.

In the 18th century there was in all ranks of society much brutish debauchery in the use of

alcohol. Statesmen who were responsible for the making of laws for the country; soldiers and sailors who gave their lives for their country; squires and the working classes, all vied, one with the other, to see how much beer, wine, or spirit they could consume at a sitting. Some of our ancestors, who had more money than others, were styled one, two, or three bottle men, according to the number of bottles of port wine they drank after dinner each day. No doubt they were proud of their achievements, and became very popular in their neighbourhood. They were hospitable, they gave their friends the best of what they had, spent money, and set an example which was eagerly followed by those who ever like to imitate the ways of people who, they consider, occupy a superior position.

What was the result? There were laid up for the next generation evils which we can still trace: a deterioration in the race, an injury done to the children of the three-bottle man, and an inheritance of an enfeebled constitution. What did it matter to the three-bottle man if his children were injured? Like the Irishman, he may have said, "What has posterity done for me that I should do anything for posterity?" Perhaps our county squire did not know that a man's tendencies, a man's strength and weaknesses, are transferred by him to his offspring, and therefore he erred unknowingly. At any rate, in the present day, after all that has been said, written, and demonstrated, there is no such excuse. Few can be ignorant of the fact that a drunkard will beget unhealthy children, and that intemperate habits may, like various bodily defects, be transmitted from parent to child. All this I take to be pretty well understood, but it does not stop intemperance, for our toper is a popular man, his achievements are boasted of by his friends—his

so-called friends who are sponging upon his mistaken generosity. He can stand his liquor like a man; he can drink them all under the table; he is so amusing when he has got so much liquor on board; he becomes so amiable; his so-called friends flatter him and laugh at him, pat him on the back and quote his words with enjoyment the next day after the dinner or the meeting at the bar. All this is a part of the heroism of drink. What does it matter if a different view of the campaign is taken at home? What does it matter if the children are sent out of the way and told to keep quiet because father has come home the worse for drink?

"The master and me are not friends," said a woman to me once, "he got a sup of drink last night and we had some words."

Such an occurrence takes place, I expect, not unfrequently in our old England, the country to which we belong, and in the homes we pride ourselves in possessing.

Boys of course will be boys, and, like monkeys, are prone to imitate the behaviour of their elders, and that is why elders should be particular as to the example they set. I have seen—as everyone must have seen—boys half drunk, endeavouring to act an extreme form of drunkenness by rolling about and shouting in the streets. Heroics again! The glory of drink is being shown. Like Tam o' Shanter and Souter Johnny, they are glorious. The passer-by smiles! What sort of smile? I expect contempt and pity form a large part of the smile.

We have been too indulgent with alcoholic excess because we see so often the lighter side of it. To be sure, a man or woman is sometimes carried off screaming to the lock-up, but then that is the policeman's affair; the darker side is not followed up by the passer-by, who does not

accompany the man home and see how he behaves when he sees his wife and children, or father or mother. He does not hear the "words," and he perhaps does not see the man the next day with the stamp of the debauchee on his face; or the bruise on his wife's eye, or hear her sighs or see the tears which run down her cheeks as she goes about her morning's work in the house with a heavy heart, wishing she had never married the hero who delights an audience in the public-house with his comic song. I am not exaggerating the seriousness of the situation, nor am I drawing a too highly-coloured picture.

We must get rid of the idea that heavy drinking is heroic, a thing to be bragged about or admired. I say drink is contemptible; more deadly than war, for drink kills more and consumes more than war.

There is no time to enter at length into all the kinds of drinks which contain alcohol, but I will just point out that they contain it in varying amounts. Beer contains 4 to 5 per cent., champagne 10 to 15 per cent., and whisky 44 to 50 per cent.

In a pint of ale there are two tablespoonfuls of alcohol; in a pint of wine there are about six tablespoonfuls; and a pint of brandy consists of about equal parts of alcohol and water.

ACTION OF ALCOHOL ON THE ORGANS OF THE BODY.

Let us now glance at the effect produced by alcohol upon the tissues of the body, or upon the organs of the body, such as the brain, the stomach, the liver, the kidneys, and the heart.

The effect of a large dose of alcohol is fairly well known to everyone. Exhilaration is followed by stupor, and if the person is in the street, and does not get locked up, he or she is conducted home by friends. Such sights are not so frequent in the streets as they used to be.

The amount of alcohol may be very excessive, and deep coma induced; in such a case the man or woman is taken to a hospital and the use of a stomach pump required. I have dealt with a great many such cases when I lived in the Manchester Infirmary.

Alcohol is as much a poison, when taken in large quantities, as strychnine, opium, or prussic acid. It is not suicide or stupor that I am concerned with, or even drunkenness arising from excessive drinking, but with the slow deterioration of brain power induced by the daily absorption of small doses of this poison—a poison which is manifest upon the nervous system (by nervous system I mean brain, spinal cord, and nerves of the body); upon the muscular system of the body (by muscular system I mean those levers which are essential to movement of the body, whether delicate or coarse movements); upon the stomach (by stomach I mean the receptacle which first receives the solids and fluids conveyed from the mouth); upon the liver (that large organ

whose chief, though not sole, function is the formation of bile); upon the kidneys (those organs which separate the urine from the blood of the individual to the amount of three pints a day).

I shall take up these systems and organs separately.

First, as to the brain and nerves.

A man works with his brain—that organ which originates his thought, his will-power, his business capabilities, his affections, his passions, and which controls the working of his muscular system.

The quality and speed of a man's brain power will be largly affected by the daily consumption of unnecessary alcohol.

Compositors have been tested and found capable of doing more work without alcohol than they can perform with it. This is proved by experiment. In a compositor's work you may recollect that the setting up of type for the printing press requires rapid thought and accurate muscular action. Throughout the whole experiment the men believed they were doing better and quicker work when taking alcohol than when abstaining, whereas the facts were the reverse. A man supplied with alcohol will set up fewer letters in a day than will a man who is abstaining, and this result follows, you must remember, even when he is under the influence of quite small doses of alcohol.

EFFECTS OF ALCOHOL ON JUDGMENT.

There are occasions when a man has to use his brain power or thought without any muscular action. He has to form a judgment. He may be a magistrate on the bench; he may be a barrister who is prosecuting or defending a prisoner; he may be a doctor who is endeavouring to find out an obscure ailment; it may be the case of a man appointed to arbitrate; or it may be the case of a man who is inventing something.

All these men require to have their brains clear, responsive, and productive.

Do you think that a man can add up figures faster under the use of alcohol, even in small doses? Do you think that a man can think out a speech on any subject better under the influence of alcohol, even in a small dose?

Can a man, when a drag is placed on his thought by alcohol, be relied upon to do justice to his neighbour? Even without alcohol, imperfect or faulty brain power is manifest in the judgments delivered in our courts; but do you think that you would get better judgments or opinions if the magistrates or judges were supplied at intervals during the day with small "goes" of whisky? You know you would get nothing of the sort, because it is well known that alcohol limits the range of thought, and interferes with a due unravelling of intricate questions. Alcohol damages the higher intellectual power so essential to a judge, a doctor, or a business man of any kind. A man under the influence of alcohol is less aware of his surroundings, and the very lives of others may be in jeopardy by the clouding of his brain power by alcohol.

"O God! that men should put an enemy in their mouths to steal away their brains."

If, when travelling by train, would you rather stimulate the driver by alcohol, or tea or coffee? Now, let me say that I am not here suggesting that drivers of trains drink. I say they know better, and that drivers are to-day among the most temperate men in this kingdom. I have known personally a great number of them, and I again state that drivers are a steady, courageous, self-sacrificing class of men, who merit nothing but admiration. Ask any one of them if his judgment, his eyesight, his alertness, would be improved if he were supplied with, say, brandy or whisky, in teaspoonful doses every hour of the day. I am certain the reply of an experienced driver would be an emphatic *No!*

Accidents over and over again have, unknown to the passengers, been averted by the promptitude of a driver with all his wits about him.

I state, upon authority, that it has been proved that small quantities of alcohol, diluted with water, lower the quality of intellectual work, and that this deterioration is due to a slight poisoning of the nervous system.

Does a man who is going to make a speech usually drink to help him to do it? I think not, for alcohol does not assist the memory. Alcohol makes him reckless with his statements, and confuses thought. When a man is suffering from the effects of an unusual quantity of alcohol he is often asked to say "British Constitution." No doubt these and other words, when attempted, excite great amusement, a man's speech becomes incoherent, thought, memory, respectability, are all obliterated for a time. Take the muscles—those levers which perform the work of the world. Does a soldier march better or

worse when alcohol is taken even in moderation? Ask Lord Kitchener or Lord Roberts about that, and he will tell you that the man who drinks drops out first.

Does a butcher at the slaughterhouse use a hammer or pole-axe with the same humaneness when drinking as when he is not tippling. I suspect, indeed I know, that his blow is less sure, and that his task is less skilfully performed, but when the man goes further, and now and then gets excessive in his cups, his muscles get soft and fail to be nourished, and his strength is slowly but surely undermined.

Now, as to the digestive system. Alcohol often causes the stomach—that sensitive organ which we treat so carelessly—to reject its contents. The outside of a public-house tells you that much. But later on serious changes take place. The delicate lining of the stomach soon becomes, under the influence of alcohol, reddened, painful, and inflamed; sometimes a blood vessel is ruptured, and blood is vomited.

I have heard a drunkard, who seemed proud of his excess, boast of having vomited a gallon of blood. You know quite well that he could not have lived to tell the tale if that were so. His alcoholic imagination was stirred to magnify a pint of blood into a gallon, and he seemed to think that he was stronger than God made him. The poor fool did not live very long, and the misery his life caused was closed after a few years of such bragging.

Alcoholic gastritis, or inflammation of the stomach, due to excess in the use of intoxicants, is quite a common malady; it is not always the salmon or the cucumber that does the mischief.

You know how hoardings in the streets are pictured over with this man's sauce and that man's relish. When I was in Ireland a few years ago,

I saw ranged down a table, at which I had tea, about 30 bottles of sauce, drawn up like a regiment. It is a fact that the drinker is the best friend to the sauce maker. Our old friend the toper finds he can't get on with his food unless his stomach is worked up to act by some artificial stimulant, and as Mrs. Poyser says in "Adam Bede," "it is poor eating when the appetite comes from the cruet stand." Drink has so destroyed his palate that he wants something hot to make the gastric glands furnish their secretion. He has to stoke up the fire and employ a stoker to enable him to eat at all.

Take the liver, a large and useful organ, which gets a bit off the balance when you happen to be in a rough sea. When alcohol is taken in excess the liver does not quite enjoy it. Perhaps rather more than sea-sickness is found. There is a disease known as cirrhosis of the liver, which kills as certain as, but less quickly than, a bullet. The liver substance, replaced by fat and fibrous tissue, ceases to be useful, increases in size, and general dropsy closes the scene. Cirrhosis of the liver is quite a common event.

Of course there are plenty of other diseases affecting the liver, but I just mention cirrhosis because it is so distinctly due to alcohol and is commonly met with. In place of a liver of three pounds in weight a man goes about with one of six or more pounds; and, when dropsy is thrown in, that man's life is not worth insuring. Yet, if all those who have died from cirrhosis of the liver were to rise from their graves and relate their experiences on a platform, I don't think that the toper would believe them. HIS LIVER AND HIS STOMACH ARE STRONGER AND BETTER THAN THEIRS, AND WILL NOT GIVE WAY TO SUCH FOOLISHNESS AS TO ENLARGE AND GROW FATTY AND FIBROUS; AND AS TO DROPSY, THEIR BLOOD VESSELS

WERE TOO FEEBLE TO HOLD THE BLOOD, BUT HIS ARE AS STRONG AS GAS PIPES!

This is the vanity of the drinker—the cock-sure gentleman who always knows what he is about and can always stop when he likes, or thinks he can.

Of course the kidneys may go wrong; they may shrivel up and become contracted, so that we doctors call organs by various names, such as a gouty kidney, a gin-drinker's liver, a hob-nailed liver, etc. I do not want to draw so much from the extreme end of the story as from the early period of alcoholic poisoning.

When organs have got out of gear, enlarged, contracted, and so on, a man is usually past doing much for, and he can no longer contribute to the nation's wealth and prosperity. The early drinker might perhaps be made to see that his brain, muscles, stomach, liver, and kidneys, will not do the same work, nor enable him to earn the same money with alcohol as they will if he leaves it alone altogether.

There are differences in stone, there are differences in wood.

Red sandstone, so prevalent in the border land, is soft and does not weather very well. There is granite, and also a rock found in Cornwall called serpentine. Now granite and serpentine are the hardest rocks existing, the sandstones are the softest. Then take trees. Our fleet was formerly constructed of oak; mahogany is used for furniture; both are hard woods, perhaps about the hardest, excepting ebony, and the most durable, but the chestnut is, despite its picturesqueness, as everyone knows, no use whatever as a wood. Someone once said: "the only thing the wood of the chestnut is useful for is to make bread." All constitutions, all organs and tissues are not alike. Some people are hard, some

are soft. Some can stand a lot, like oak, some are soft, like chestnut; some are durable, like granite, some are soft, like chalk and sandstone. Some patients can go through a campaign and come out strong, others seem to give in at the first onset of illness. It is exactly the same with the body when it is subjected to alcoholic excess. Some men are so hard that they seem to resist even a life-long misuse of alcohol, while others have their tissues damaged in no time. Some men seem to pickle themselves and survive—not as useful, productive, admirable members of society, to be sure, but as derelicts; a sort of museum specimen which the toper likes to regard himself as and brag about. He (the toper) thinks he is quite as hard and as strong as the old toper, that he can drink and drink and go on his way vomiting, with his breath stinking, for ever; but, he finds out, when it is too late, that his stone or wooden constitution is, after all, made of imperdurable stuff. You may take my word for it, if your own observation is not tale-telling, that some men can stand a lot more drinking than others. Start half-a-dozen men at a table and one of them will drink the rest under the table; he can last longer than the others; he can keep his legs and his head a bit steadier. A man would brag of his ability to drink as a girl would brag of the size of her waist. Vanity! vanity! all is vanity and selfishness! There are a few hard ones here and there whom hard drinking seems to preserve, if I may say so, but let no man flatter himself that he belongs to the same corps, let him rather join the regiment which has on its colours, worked in golden letters, temperance, moderation, no spirits, coupled with long life, health, happiness, a wife's cheerful face, and children's respect.

SYMPTOMS OF ALCOHOLIC INTEMPERANCE.

Among the outward physical marks of intemperance induced by chronic alcoholic intemperance, which may be glanced at for a moment, may be noted the changes stamped on the face. The clearness and brightness of the eye, betokening active thought and intelligence, are replaced by a dull, almost bovine, vacuity of expression. The white conjunctiva is altered into a somewhat muddy and often œdematous covering, due to exudation from the small blood vessels.

The skin of the face is no longer healthy and wholesome, a chronic redness with eruption may be seen, and the nose, from chronic congestion, becomes deformed in a manner known to everyone; but similar facial changes observable in some women who may have been life-long abstainers must not be confounded with the condition just mentioned. The quickened action of the heart is soon productive of a bronchial congestion, causing a morning cough and expectoration, shared in its production by a congested liver. Thus heart, lungs, and liver are all disturbed by chronic drinking.

As regards the disposition of the individual who drinks, he is sometimes—indeed often—found to be an amiable and plausible person. He is, not infrequently, a talker and a story-teller who likes to amuse his audience with marvellous tales and verses of a very questionable character. His perception of decency and of good taste is blurred by alcoholic

indulgence, and this obscuration of the moral sense grows upon him to such an extent as to cause him to be regarded as an intolerable bore and nuisance by all right-minded people.

Of as great importance as those found in the liver are the changes in the large and small blood vessels in the brain and other organs of the body.

Atheroma, or a fatty and calcareous degeneration, converts the elastic blood vessels into rigid tubes, and is the cause of an infinite number of lives being cut off prematurely.

All atheroma is not due to alcohol, but a large amount of it is set up by fatty degeneration of the walls of the vessels, which is the commencing stage of atheroma. Probably atheroma is one of those senile changes which are common to old people, but there is no occasion to forestall or hasten those changes by the inordinate use of alcohol.

When we look at the mouth there is to be observed a curious change at the corners; for in place of the lips parting evenly the lips overlap, due to the stretching of the upper lip over the lower in the act of drinking. The drunkard's mouth becomes expressionless and weak.

The effect of drink upon the blood vessels, both large and small, is very marked.

On the surface of the face it has been stated that the small capillaries become habitually distended from frequent flushings, and the deeper and larger vessels of the body, especially those arising from the heart, exhibit degenerative changes (atheroma).

Chronic congestion of the mouth, throat, and gullet, causes a want of clearness in the voice, which is replaced by a husky articulation.

In order to explain the occurrence of cirrhosis of the liver, a few notes are added. The liver is the

most important gland of the body, and upon it alcoholic excess is traced with inevitable marks.

Everything which is absorbed by the stomach must pass through the liver, and even moderate amounts of alcohol are absorbed by the blood vessels of the stomach and carried straight to the liver.

Congestion of the liver, due to dilatation of the blood vessels, follows, and the effect is to increase the growth of fibrous tissue in the organ, and this new tissue encroaches upon its cells, and checks their normal function.

The liver increases in bulk, but this enlargement is not, like the increased size of a muscle of the body, due to hypertrophy of its proper structure, but is caused by the formation of the before-mentioned fibrous tissue, which chokes the liver as flowers may be choked by weeds.

And not even when this augmentation of size has reached its limit is the damage to the organ complete; for another serious change then takes place, namely, a contraction of the newly-formed tissue, which results in a further pressure on, and obliteration of, the liver-cells, and which declares its action by numerous irregularities on the surface of the liver.

Blood will no longer pass through this fibrous and contracted organ as heretofore, and dropsy of the body ensues.

"The gods are just, and of our pleasant vices
Make instruments to plague us."

THE ALCOHOL HABIT.

As you are no doubt aware, anything that is repeated frequently soon becomes a habit, whether a good or a bad one depends on the nature of it. Some people live by habit, that is, they do the same thing at the same hour almost daily; they work by habit, they take their holidays by habit, and age, as it advances, is characterised by habit. A person has done the same thing for years, and he goes on doing the same thing right up to the end. The only habit your attention is drawn to is the alcohol habit. Day by day, year by year, the same routine of taking so much beer or so much wine or whisky is kept up, until the individual is lost without his usual stimulant. There is no more pernicious, insidious, or evil habit than the daily use of alcohol; just because it has been started unthinkingly and grown into a habit which cannot be shaken off. I am not charging the artizan and labouring classes of the community any more than I am selecting the classes differently placed. The employer and the workman are both found in the same boat. Nearly all professions, all trades, all occupations are alike, and disastrous results will fall upon all classes with the same gravity.

If a man finds himself contracting the alcohol habit, let him pull himself up; let him stop while there is time to get into a habit of self-control. We see around us examples of those who have formed habits in this pernicious manner, and to whom a word of caution is of no use whatever. They are past reasoning with, they are past recovery, they have lost the power of self-control.

Nipping habits, as you all know, become confirmed, and lead up easily to loss of character, loss of confidence, loss of health, loss of employment, loss of happiness, perhaps loss of home, and in the end, loss of life.

We owe much to those who have striven, who have laboured, who have incurred odium, who have fought for the emancipation of man from the slavery and evils of drink. It reminds me of the struggle in the United States for the liberation of the slave, and its object is equally noble.

Let us get rid once for all of the silly notion that a man who declines to have a drink is a noodle. Let us get rid of the silly custom of offering a drink to everyone we meet, much in the same way that the snuff-box was in the 18th century handed round to everyone. Snuff never sent anyone mad, snuff never caused anyone to be locked up, snuff never lost anyone his occupation, snuff never broke up a home or caused separation between wife and husband; but you know quite well that alcohol has often done so, and is doing so still.

Yet dirty and untidy as snuffing is, and quite as unnecessary as drinking, the practice created the snuff-box in all its varieties, and did no harm to trade or to the workman.

Do the publican who sells alcohol, and the barman who distributes it, come off as well as the snuff seller and the snuff-box maker?

Take another habit. Tobacco is sometimes a strong smelling perfume, sometimes rather a pleasant odour, depending much on the quality in use. A lot of men, and even some fashionable women, smoke. As a habit it is a bit untidy, dusty, and causes the house and clothes to reek, but has tobacco smoking ever led to murder, has tobacco ever led to

prison, has tobacco ever brought a man before the magistrate (I mean smoking tobacco, of course), has any one ever died of smoking tobacco?

I don't mean to say that some people do not smoke more than is good for them, especially those whose pipes are never out of their mouths, but I do say, that the tobacco habit is a perfectly innocent one in comparison with the evils we complain of as caused by alcohol. I am in sympathy with the man who smokes, because I believe that it is a comparatively harmless indulgence, and one which tends to soothe the wild animal which exists in every man rather than to bring out the violence which is often associated with alcoholic excess. Of course men smoke *and* drink, and it would be a fortunate thing if smoking were the chief habit and drinking the lesser one, whereas it is all the other way.

Licensed premises all over the world are made attractive—light, warmth, society, are all to be had if you pass the swing door; of course men and women are attracted and enter, and then get into a habit of returning.

A man, say, wants to discuss with his friends all sorts of things—the Budget, his wages, the weather, and so on—he goes to the bar where he meets them, but he can't be there without paying for his footing. The publican is not exactly a philanthropic individual who provides light, warmth, and society for a mere thank you. Our friend has to order a drink, and often "stands treat" and is treated until closing time; then he leaves for home. I don't say he is drunk, probably far from it, but he has established a habit of taking alcohol quite unnecessarily, which will eventually leave on his brain, his stomach, his liver, his heart, or his kidneys, indelible traces.

Just think what a man might put by in a year if he said, "I won't stand treat and I won't treat myself for 12 months," and if he kept his word. That man would have put by at least £12 a year, and £12 in the Post Office Savings Bank is safe enough for anyone.

Do men or women ever get value for their money when they spend it on drink? Never, and you know it. On the other hand, so far from getting value there is a store of misery being laid up day by day that will bring forth such dangers as an enlarged liver, a softened brain, a fatty heart, rotten kidneys, and so on. I am not exaggerating. Alcohol in moderation is a seemingly harmless thing enough. Just one glass and no more. But who knows when the one glass is going to be half-a-dozen or how soon all the wages will go to keep up a habit, in place of twopence here and there or a glass taken in one's own house?

I tell you this: when a man or woman has become addicted to the habit of drinking, if anyone rose from the grave to advise them not to drink, they would not be persuaded. This is why I say that nothing can be done for the confirmed toper.*

Take the music hall, the theatre, a football match, a Sunday walk; there, as well as elsewhere, the habit of a drink between the acts, a drink to be called for, a public-house to be visited, are all mere habits—ways of spending loose cash, and thus creating a foolish habit which will end in one or more of the ways I have indicated.

There are evil practices which men drop into when their affairs are not prospering, when they have disagreements, when financial failure is imminent, when

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* The word toper is found in the dictionary. It means a drinker to excess, a tippler.

they have had personal losses in their domestic circle —in these untoward circumstances out comes the bottle, and oblivion is sought for in brandy, whisky, gin, rum, or some such poison. At such times it is a very difficult thing to assuage grief and bring comfort. A man despairs of hope and drowns his sorrow in the bowl. He forgets that time mends a great many things, and that he who has some self-control at such an hour of darkness comes out strong in the end.

I by no means say that every man or woman who commits suicide has been a toper, but a very great number, as you know, have been. There are other reasons for suicide besides drink. Insanity is often caused by drink, but all insane people are certainly not topers.

A man falls in love and the thing does not work quite smoothly, and in order to drown thought and recollection he plunges into dissipation, and selects alcohol as giving him the most for his money, as it probably does in the end.

One has been led to believe that in the Services there was at one time rather more alcohol consumed than was found consistent with duty. Largely owing to the efforts and example of Lord Roberts and others, this tendency has been counteracted by a great temperance movement, so that nowadays there is far less consumption of liquor than formerly, and as a consequence, a great improvement in the morale of the Army and Navy.

The winner of the King's prize of £250, at Bisley, is not, and never has been a toper or a man who habitually took drink. He may or may not be a smoker.

Does a man who is playing billiards in a match or for money fortify himself for the contest with

drink? I think not. Would not the man who boxed for the championship abstain from liquor in his preparation? I think he would. Because the effect of drink upon the brain and muscles would spoil his chance of victory, unless the other man was DOING THE SAME THING.

I am afraid that some people are turned away from the temperance cause by reason of the violence with which drink is denounced. A man who touches liquor is looked upon as lost by the extreme party, and this sets up the back of the man who knows how to take alcohol in strict moderation. BUT I DO KNOW THIS, THAT THE TEMPERANCE PARTY HAVE ALL THE REASON, ALL THE ARGUMENT ON THEIR SIDE.

Abolish drink in your imagination and what follows? Your workhouses would be half empty, your prisons would be more than half empty, your lunatic asylums would be occupied by fewer inmates, accidents brought to hospitals would diminish by one-third, magistrates would be provided with white gloves for a whole year.

Who would suffer? Well, the Chancellor of the Exchequer would gather less money, the licensed victuallers would go to the wall, and there would be no fines to help towards paying the police.

Perhaps fewer police would be needed, and there certainly would be more money to spend on clothes, house rent, summer outings, and advantages for children. Every man owes a duty to himself, to his children, if he has any, and to his country. A good example will do more than many lectures better written and better delivered than this one.

Napoleon sneered at us as a nation of shopkeepers. If some one were to sneer at us as a nation of teetotallers, we could afford to laugh at the jibe if we really deserved it.

In the meantime, money, time, character, reputation, and health are being lost day by day, year by year, in a foolish, disastrous, and an irretrievable manner.

Some of us think that no Act of Parliament will make England more temperate. Some of us think that a man should emancipate himself, and by forming a higher conception of his duty to himself scorn to throw away money, time, and character in the manner to which I have alluded. He would then find that his horizon looked clearer, that his health was improved, that his savings were more real, and that his self-respect was increased by refusing to become the slave of a habit which has done so much to degrade the individual as well as the nation.

That very learned man William Edward Hartpole Lecky, Member of Parliament for the University of Dublin, wrote something on drink, and in his "History of England in the 18th Century" you will find it stated that the English acquired the vice of drinking from the Dutch and Germans in the same way that we have acquired many of our useful arts from the Continent. It was during the wars of the Netherlands, in the reign of Elizabeth, that English people began to look upon the vice as an honourable acquirement.

As the English returning from the wars in the Holy Land brought home leprosy, so did the English on their return from service in the Netherlands bring back the foul vice of drunkenness; and the evil finding a suitable soil in which to develop, the English soon surpassed the Danes, the Germans, and the Dutchmen in their new accomplishment. The dissipated habits during the Restoration, and the growing custom of drinking toasts at dinners, increased the evil.

Hard drinking was at first very marked among the upper classes. Poets, cabinet ministers, and some of the best intellects of the 18th century were steeped in alcohol daily.

The poor drank beer when French spirits were prohibited, and an impetus was given by the Government to the manufacture of spirits by the people. A craze for gin drinking infected the masses of the population, and a fatal passion for drink was at once planted in the nation. Poverty, murder, and robbery were, in a great measure, attributed at that time to gin drinking.

Retailers of gin were accustomed to hang out painted boards, announcing that their CUSTOMERS COULD BE MADE DRUNK FOR A PENNY, DEAD DRUNK FOR TWOPENCE, AND WOULD BE PROVIDED WITH STRAW FOR NOTHING. Cellars strewn with straw were provided.

Alarm at this state of things caused Walpole to impose a duty of 20s. a gallon on all spirituous liquors. A diminution in the trade took place, but a secret retail trade rose up, and things became as bad as before. The destruction of the English race was even feared. Look at Hogarth's pictures and see what went on in the 18th century. The state of the country, owing to drink, was the cause of action by physicians and Parliament. Well, what are we doing in the present day? Whisky has taken the place of gin, and there is a great variety of laws for the control of the licensed house and of the drunkard as well. There is the licence to be refused, and the black list for the toper. There is the reduction in the number of chances a man or a woman may have to visit a licensed house, and time limits have been in use, Sunday hours curtailed, so that we cannot say that Parliament has not done something to check a further degradation of our nation by the misuse of alcohol.

Glancing for a moment at the efforts made and suggestions offered for the temperance cause, it will be found that legal enactments have been passed in order to place obstacles in the way of getting access to alcohol.

Then there is the provision of counter attractions to the public-house—temperance societies, and inducements held out by employers.

I cannot deal with all these methods except in the briefest manner.

In 1871 Mr. Bruce's great Licensing Bill provided that in ten years all existing licences should terminate; he gave a ten-year notice and no compensation. Next, proposals were made in 1888 and 1890 for compensation for the withdrawal of licences. In 1893 Sir William Harcourt's Liquor Traffic Bill gave three years' notice and no compensation to the licence holder.

Local veto, as known in the U.S. of America, Canada, Norway, and Sweden, encouraged the hope that benefit might follow its introduction into rural and suburban districts, and possibly into small towns.

If any village, town, or city, or any district of a town or city, wished to be without a public-house, it should be empowered by a popular vote to give effect to its wishes.

I believe the licensed victuallers themselves would like Sunday closing. This is in force in Scotland. Of course in Scotland people still try, on one pretext or another, to get a drink on Sunday, and thus evade the law; but they are in a small minority, and do it as a defiance of the law as much as anything else.

Public-houses can be made to close at ten o'clock in place of eleven. I am told that it is in the last hour, ten to eleven, that the mischief is done. A

man who may have sat quietly from, say, seven o'clock onwards, begins to get a bit noisy at eleven; a bit quarrelsome; a bit obstinate; and, if he wants to fight, eleven o'clock gives him a chance. Children are now no longer allowed to enter a public-house for drink, thus preventing their acquiring a sort of habit of going in and out and familiarising themselves with the fascinations of a public bar.

Efforts have been made to ensure the sale of drink free from adulteration, and so lessen its poisonous effects. There is not the least doubt that much of the whisky used is bad, but when a man's judgment is a bit cloudy he will drink anything, good, bad, or indifferent. He will even drink carbolic acid out of a beer bottle!

THE GOTHENBURG PLAN.

The misery created by brandy in Scandinavia induced reformers to tackle the drink question and establish a system in order to mitigate the evil. This system is known as the Gothenburg plan. The principle underlying it IS THE ELIMINATION OF PRIVATE PROFIT FROM THE SALE OF DRINK. The committee was of opinion that "the worst enemy of the morals and well-being of the working classes in this community is brandy," and that "neither local enactments nor police surveillance can do much so long as public-houses are in the hands of private individuals, who find their profit in encouraging intemperance, without regard to age or youth, rich or poor."

In Sweden and Norway, Sunday closing, the reduction of the number of licensed houses, the shortening of the hours of sale, and the non-serving of children have been noiselessly accomplished by the severance of private interest from the liquor traffic. Licences were handed over to the Gothenburg Company, and the flaring gas light and brilliant mirror were no more seen. The bar closes at 6 p.m. in winter and 7 p.m. in summer; no brandy is sold on Sundays or holidays. Eating houses, catering almost exclusively for working men, were opened, and one dram of spirits only allowed at each meal on paying for it. Reading rooms were provided in which nothing intoxicating except small beer was sold. Books and papers were provided, and tea, coffee, milk, aerated waters, and light refreshments were sold at low rates. The consumption of spirits

fell 54 per cent. On the other hand there was free trade in beer, and every shopkeeper in Gothenburg could sell wine and beer for consumption off the premises. Drunkenness was diminished but not abolished by these means. Other suggestions were made, such as free music in parks and other public places, indoor concerts, people's theatres, circuses, and the like, more reading rooms, more books, museum use, and athletics, and a portion of the profits of the Company to be appropriated for these ends. A final recommendation was that BEER SHOULD BE CONTROLLED IN THE SAME MANNER AS BRANDY.

Passing to Norway, the Company's system was established in Bergen, where the bars offered no attraction except drink; seats and newspapers were not provided; no inducement was held out for people to do business, discuss politics, play cards, or bet on races, even loitering was not permitted; the man must drink his dram at once and leave immediately. NO FEMALE ATTENDANTS WERE EMPLOYED. Reduction of bar sales by 44.9 per cent. was the result, still drunkenness has not been stamped out. But if a man who has the drink craving is not cured, it is believed that the Bergen system—a modification of the Gothenburg system—does something to check the drink craving from forming. THE BERGEN BARS ARE NO LONGER NURSERIES OF DRUNKENNESS.

The most obvious and glaring defect of the system in Sweden is THE APPROPRIATION OF THE PROFITS TO THE RELIEF OF RATES, and the non-inclusion of wine and beer within the scope of the Companies.

By this system politics and the drink traffic are divorced, and drink selling can no longer serve as an instrument of corruption.

A DANGEROUS TRADE IS TAKEN OUT OF THE HANDS OF THE PRIVATE DEALER.

In Scandinavian towns there is no club difficulty and no driving of the traffic below the surface. Sales on credit and gambling are abolished.

Counter attractions are created out of the profits made.

This is only a short and hasty summary of the Gothenburg plan, but it will serve to show how serious the state of Scandinavia had become through a national indulgence in drink, and the efforts which were made to prevent the destruction of the race.

In this country there have been many agencies at work, many philanthropic individuals, many societies, lots of clergymen, some politicians, soldiers, not a few doctors, many religious bodies, such as the Society of Friends, organizations such as the Band of Hope, directors of companies and their employees, and lastly, I mention one whom we all knew and revered, THE LATE SIR WILFRID LAWSON.

SIR WILFRID LAWSON, as you are aware, was one of the greatest champions of temperance this country ever produced, whose influence in promoting the good cause he had so much at heart was greatly enhanced by his social standing and his position as a member of the House of Commons. What he said and did was not lost upon anyone. His yeoman service to the temperance cause was exhibited on many platforms, as well as in the House of Commons, for when not in the House he fought through the United Kingdom Alliance, of which association he was not only President, but an EXTRAORDINARILY MUNIFICENT CONTRIBUTOR FOR YEARS. Sir Wilfrid Lawson was opposed to other things, war for example, but his whole Parliamentary energy was devoted to the bills he brought in year after year to

check the facilities for obtaining drink, culminating in the Bill for Local Option, *i.e.*, a bill by which the people of a district could say whether they did or did not want a public-house dumped down in their district.

You know that now licences are being abolished year by year, and that compensation is given for the disturbance. How much more of this sort of thing is to go on? No one can say. STILL, THE REDUCTION IN NUMBER OF ILL-KEPT, DISORDERLY HOUSES IS SOMETHING TO BE THANKFUL FOR.

The teetotaller has had much to endure from the sneers of the man who likes the glass or the bottle, and Sir Wilfrid Lawson took all he got with extraordinarily good humour, not unfrequently turning the tables upon his opponents. The temperance cause has lost in him a leader who was liked by those who did not agree with him, and was respected even by those who were most bitterly opposed to him.

I was in the train with him some years ago, and he told me a story which is not to be found in the memoirs of his life, which have just been published.

A person passing a public-house and seeing a little boy standing outside crying, asked him the cause of his distress, to which the boy replied: "Father is ill and the doctor has just been to see him." To console him the former said, "Don't cry any more, perhaps the doctor is going to cure your father;" whereupon the urchin sobbingly responded: "No, he won't, he's been an' tapped father, and nothing lasts long that's tapped in our house."

PATRIOTISM.

Last year I was asked to give a lecture in the Co-operative Hall, and the subject I chose was patriotism. However, the ladies raised an objection, and I substituted for it one on thrift. There need have been, however, no reason for alarm. I had not engaged a drum, or a gun, or a flag. I had intended to say something about patriotism, not from its military aspect, but merely from a citizen's point of view.

You know every man is, or should be, proud of his native land, in the same way that we are proud of our counties. We want England to come out top dog. We should like a Cumbrian to win the King's Prize at Bisley. We should be proud if England always championed freedom and liberty. We should be proud if Cumberland led the way in any industrial pursuit. This is what I understand by love of one's country. I never had in my mind bloody battles, diplomatic intrigues, and ships sent to the bottom of the sea with men on their decks shouting Rule Britannia. THERE IS A MORAL PATRIOTISM AS WELL AS A GUN AND SWORD PATRIOTISM, and it is to the former that I allude.

The splendid heart of John Bright glowed with the fire of patriotism when he spoke of the prevention of war between England and America by the Convention of Geneva, even if we had to pay for the Alabama more than was our due. There were no empty hearths in England, no widows' weeds worn, no

mothers mourning for lost sons, and the newspapers had a very quiet time over the deal.

When you see the Territorials or the Border Regiment swinging down the street with the band playing, don't you feel a sort of pride? Don't these men represent order, discipline, obedience, and self-respect? I tell you that an immense parade of forces gives you the idea of strength, united service, and power.

Now take an imaginary parade, and a gathering of those who have fought for temperance in this and other countries; fancy a march past of these veterans. Does it not occur to you to be on the look out for Sir Wilfrid Lawson, that grand old man whose life's work was devoted to the endeavour to cleanse England of the foul stain of intemperance?

You give him a cheer as he passes; he is an Englishman; nay, more, he is a Cumbrian, and we are proud of his patriotism, we are proud of his endeavour to make England more worthy. Do we desire to see our country go to the dogs, or to see America beat us in the game of industrial triumphs? Should we in Carlisle not like to know that Carr's Carlisle biscuits, made by the girls from Caldewgate, were being eaten at the South Pole? There is patriotism in the workman or workwoman who declines to turn out bad work. There is patriotism in the man or woman who declines to throw away money and health on an alcoholic debauch. BUT THESE INSTANCES OF PATRIOTISM ARE ASSOCIATED WITH SOME SELF-SACRIFICE. You have doubtless read something of the war between Russia and Japan, and learned that the Japanese showed patriotism in two ways. They marched to death with smiles on their faces, they gloried in giving their lives for their cause and country.

In April, 1904, an American lady, writing from Hiroshima, said: "In all the thousands of soldiers stationed here I have only seen two who were tipsy, and they were only mildly hilarious from saki."

I tell you that the Japanese are more patriotic than the English, because they know how to combine temperance with patriotism. No man or woman does anything without self-sacrifice, and in proportion as self-secrifice is learned, so is wisdom gained. A man and woman must learn to be patriotically self-sacrificing when they know that there is a home to be kept bright and cheerful, children to be educated and put out in the world, respectability to be maintained, promotion to be had, and finally a name to be left behind when the time comes for taking their leave of earthly affairs. All these things are by no means easy, but there are some nations who are learning patriotic self-sacrifice rather faster than we are; who are more temperate, more industrious, more law-abiding, than we are.

It is a fact that alcoholic excess and alcoholic indulgence lead to the destruction of the individual in the same way that they lead to or cause the downfall of a nation. THE NATION WHICH SHOWS THE LEAST CONSUMPTION OF ALCOHOL IS GOING TO COME OUT ON TOP.

Recognising, as we all do, these facts, what can be done to put a check on this bad habit, this scourge which has marked our country down for its prey?

Efforts to promote temperance have been going on for years, and, concurrently, efforts have been made to make drink more attractive. Look at the flaming public-house! Read the advertisements plastered over our walls or shewn in our newspapers, magazines, and other illustrated prints.

Have you seen advertised in the columns of our leading comic paper, "Punch," a sort of whisky that a man or woman may or ought to take when he or she has diabetes? I think it the poorest kind of joke to fancy that any whisky would be good for diabetes.

You see pictures of bottles, stone jars, and barrels meeting the eye with cunning invitation. You see blazing barrels outside a public-house inviting you to "COME INSIDE AND BE JOLLY."

HOUSING AND INTEMPERANCE.

No doubt most of you are aware that John Burns, President of the Local Government Board, has interested himself in the housing of the artizan classes, and we honour him for his recognition of the mean way, the unhealthy manner, indeed the squalid surroundings in which the vast majority of our town and city workmen are obliged to live.

Back to back houses are to be found everywhere, no garden, not much light, but plenty of noise, dirt, sanitary inconvenience, etc., all these contribute to make a working man sometimes careless of his home.

These streets are unwholesome, ill-cleansed, badly kept, and indirectly contribute towards the intemperance of those who live in them. Rather than have had boasted water schemes carried out, I would have preferred to see every back to back house pulled down, street after street, and wholesome, sanitary, pleasant dwellings erected in their stead. It would be a step towards saving the rates of a city: a sanitary improvement preferable to squandering them on schemes which are a credit to no one.

I am mentioning bad housing, because it has been suggested to me that bad housing, stuffy rooms, and foul air lead working men to the public bars at the early hours in the morning rather than does their own selfish indulgence.

Well, I have thought it over, and I don't believe it. I have known people who do not live in slums or in stuffy rooms make a practice of nipping at seven in the morning. I have known it termed "breakfasting out of the taps."

My idea of improving the dwellings of the people and sweeping away narrow, dark, ill-paved, ill-kept streets, arises from the belief that men and women will be more likely to become self-respecting and respectable if they live in brighter and more healthy surroundings.

The man might then stop more at home, especially if he should have a small garden with a few vegetables to attend to, a stick of celery to raise, a cabbage to cut, or a potato to dig up.

Don't I see men working in the various allotment gardens about the outskirts of the city? Don't I see them coming home with a lettuce or a stick of rhubarb under their arms?

Do not despise these simple things, which contribute to build up a happy home. I don't want to hear a man say, "I had such a stuffy room to sleep in that I had to get a go of whisky the first thing in the morning." Depend upon it that that man will keep "going" all day, and at night his bedroom will be stuffy with the reek of his own lungs, caused by the whisky with which he has saturated his tissues during the day.

I don't wonder that a woman is driven away from her husband sometimes, for I know nothing so poisonous as the foul odour that comes from the gorge of a confirmed drinker. Of course he tries to conceal it with an onion or an orange. You have heard, I suppose, the story of the man who had a thirst and consulted a doctor. The doctor knowing pretty well what was wrong, said, "Whenever you feel the thirst coming on, just eat an apple." The patient said, "I couldn't possibly eat 40 apples a day!"

Experiments have been made on dogs to see how they work when given alcohol, as you may read from

Sir Victor Horsley's book. Dogs showed less intelligence, less activity when given alcohol than did a similar number without any alcohol.

Try some fish with a little alcohol in the tank; they won't live. Try to grow some plants and treat them with whisky and water; you will find that they will die, because the cells which compose their structure are poisoned.

There is a greater similarity between the cells which form the tissues of animals and plants and those of men and women than you have any idea of.

INTEMPERANCE IN EATING.

There is of course a liability to intemperance in a great variety of things taken and things done that we are not concerned with at the present moment. A man may read too hard, play games too much, be too eager to gain money, may be too absorbed in his occupation, and amongst other things, be intemperate in eating. No one denies that people frequently eat far more than their bodies require, but we don't hear of the indulgence in large quantities of beef, mutton, rabbit, green vegetables, pastry, or puddings of any kind causing anyone to be locked up; to shout and career about the street; to assault and fight; to murder or wound; to break up a home; or earn the contempt of neighbours. Fat people are usually gentle and benevolent, and often beloved by those who are about them.

I don't advise over-eating, but it is a harmless affair in the morality of a town or village.

I remember once at Larne, in Ireland, seeing a very fat man—he seemed to me fatter than the Tichborne claimant, whom I once saw—go from the boat to the train, who immediately he got into a carriage went to sleep, most calmly and peaceably, and no one was scandalized.

LONDON TEMPERANCE HOSPITAL.

Surgeons and physicians who work in hospitals are less hampered in their work than they are in private houses, for this reason—in hospitals there are rules, diets, and orders given, which are carried out by nurses. The bottle is not left about for anyone to reach. If alcohol is thought needful it is ordered, and the quantity and the time of administration are stated—a procedure similar to that which is adopted when a nurse is engaged in a private dwelling.

There was a time, when, if a patient of mine died in a hospital, I sometimes felt that blame might be attached to me for either not having given a stimulant, for not having given it freely, or for not having given it long enough. This is the sort of school I was brought up in, and some of the teaching clings to me yet. A patient in hospital, badly injured, an operation case perhaps, is not doing well, I still have the idea that it is my duty to see if brandy, whisky, wine, or champagne will do anything to ward off death. We use strychnine or ether under the skin, we inject salt solution in the veins, and we use stimulants, sometimes in the despair of defeat.

In 1873, *i.e.*, 36 years ago, the Advocates of Temperance opened a Temperance Hospital in London, a hospital now of the same size as the Cumberland Infirmary, for the treatment of medical and surgical cases without alcohol. At the anniversary meeting in May of this year, Sir Thomas Barlow,

the physician who attended the late Queen Victoria in her last illness, moved the following resolution:—

"That all who are connected with the London Temperance Hospital are to be congratulated upon the excellent work done during the 35 years of its existence, AND THIS MEETING COMMENDS THE RESULTS OBTAINED TO THE CANDID CONSIDERATION OF THE MEDICAL PROFESSION AND OF ALL WHO ARE ANXIOUS FOR THE ADVANCEMENT OF SOCIAL REFORM."

Holding the first position in London, and an untarnished reputation in the medical profession, Sir Thomas Barlow has in this resolution stamped with the mark of emphatic approval the work of the London Temperance Hospital.

Now the cases treated in the London Temperance Hospital are not those of temperance people at all; they are not picked out and sent there because they are abstainers, far from it; the cases treated are no more selected than they are at the Cumberland Infirmary.

In London there was a prejudice in my profession against the London Temperance Hospital, but it has been lived down now. I believe that this Hospital has been of enormous educational value, not only to other Hospitals, but to the world at large, because it can show as good a record of results as those obtained in any other hospital in the United Kingdom. It is something to have demonstrated to the thinking part of the world the fact that diseases and injuries can be dealt with and restoration to health effected without the use of any alcohol whatever. If alcohol were no longer in use in the Cumberland Infirmary some money would be saved, but not nearly as much as formerly. For example, in the year 1886, brandy, whisky, gin, and beer cost £93. In the year 1908 the total amount of stimulants cost only £27.

In the annual report for year ending December 31st, 1909, malt liquors cost 10s. 6d., wines and spirits £13 19s. 5d., showing a further decrease in cost of stimulants since 1908. The wave of temperance, started by the London Temperance Hospital, has reached us after 30 years.

"CAST THY BREAD UPON THE WATERS, FOR THOU SHALT FIND IT AFTER MANY DAYS."

There is not the smallest doubt that most doctors are agreed as to the mischievous and senseless amount of alcohol that is taken for no reason at all in health. But when we come to the treatment of disease and of grave injuries, we find considerable diversity of opinion with respect to the necessity for its use. The work done for the 36 years in the London Temperance Hospital ought to be sufficient to shake the faith of the most obstinate surgeon or physician in the world. In the Red Cross Hospital of New York alcohol is not used, and yet the number of patients who seek admission has been so great that an adjoining piece of ground has been taken for extensions of the building, thus showing that public confidence in the usefulness of the Institution has not been forfeited.

You will be interested, nay more, you will be surprised to learn how public money is swallowed up by drink; for example, in the Cumberland Infirmary from 1886 to 1908, both years inclusive (*i.e.*, 23 years), on brandy, whisky, gin, wine, and beer, £1,232 9s. 5d. were spent, but as I have shown you before, in 1886 £93 was drunk up, whilst in 1908 only £27 was spent on these stimulants.

The profession is moving, and though slowly yet surely, and the reasons for this progression are based on experiments and on experience. Bleeding has gone out of fashion; perhaps alcohol has also

had its day. I believe in the convincing proofs brought forward by the London Temperance Hospital rather than in the hot-tempered denunciations of the very ardent teetotaller, which do harm to the cause he has at heart. It is true he has been scorned at, sneered at, and jeered at for his belief, and he may feel a bit raw, but his turn will come, indeed it has come, and has certainly come to stay. England slowly rouses herself, sobers herself, and the drinker is no longer a hero. The sneer, the jeer, and the scorn is directed at *him* now, and he doesn't like it.

Is a toper to be depended upon? Is his work well turned out? Is he punctual? Is he correct? Is he truthful? Has his wife a smile on her face? Is his home comfortable? Do his employers promote him? Believe me, he takes a back seat in his business, a back seat in the opinion of his neighbours, no seat at all in the public-house when he has no money, and is absolutely of no value to his own country.

Is my picture over-drawn?

If you turn to Whitaker's Almanack for 1909, you will find at page 456 a table for 10 years—1898 to 1907—shewing the produced and consumed barrels of beer (the barrel of 36 gallons) and the figures for spirits, which are proof gallons. Take the year 1906—I take it because the figures are completed, because the figures of the consumed barrels and gallons for 1907 are not given (statistics are generally a bit behind in getting finished). Well, in 1906, Great Britain and Ireland produced 34 million barrels of beer, and the consumption was not quite, but just upon 34 million barrels. Each barrel contained 36 gallons, recollect. As regards spirit, Great Britain and Ireland in 1906 produced 49 million proof gallons, and consumed about 39 million proof gallons.

You know that 4 quarts go to a gallon. Well what is meant by proof gallons? Proof spirit means a standard strength of spirit, containing nearly equal weights of pure alcohol and water. A bottle of brandy, I have said, contains about half proof spirit and half water. Now the 40 million gallons consumed is not brandy, but only what brandy is made from, by adding half water, so that you can fairly well estimate the consumption of spirits by the amount of proof spirit produced and consumed.

Coming now to licence product, Whitaker's Almanack for 1909 shows that excise is derived mainly from intoxicants. Spirits and beer, producing rather less than 31 million pounds, and in addition customs on spirits produce some four million pounds odd. The Government of the country or the Chancellor of the Exchequer is indebted to the men who drink beer and spirits to the extent of 35 million pounds a year. It is impossible that any Chancellor would close his eyes and his ears to the seductive clink of so much money, which he has to provide for paying wages among other things. If you got to the pass of reducing drink consumption by half, perhaps the Chancellor would have only 15 or 16 millions to collect in place of 35, and he would have to find a fresh source for producing the necessary funds for the carrying out of the expenses of the country.

Some one said to me the other day, "Why not tax bicycles?" I don't think bicycles would find you 15 or 16 millions of money, but I will point out to you a method of getting money which a Chancellor of the Exchequer might adopt. Now the idea is not my own, it came from a friend of mine who understands figures rather better than I do, and he said to me, "A LOT OF MONEY MIGHT BE MADE BY TAXING ADVERTISEMENTS." And so it might.

Fortunes are made by advertising; take Holloway and his pills, take our old friend Beecham, or Owbridge, and thousands of others who have made fortunes by advertisement of their beer, their soap, their sugar, their mustard, their salt, their foods for man and beast, or thousands of inventions which are advertised on the walls, in the fields, in railway stations, on tram cars, in newspapers, either illustrated or non-illustrated. Well, suppose you were to tax them all, large and small, everywhere and anywhere, I wonder if you would get 30 millions or even 15 millions. You would not diminish advertisements one bit, and the tax might not be difficult to gather. The humble advertisement which announced this evening's lecture would be tapped, but not to the extent of Buchanan's black and white whisky pictorial invitations to drink. The idea is worth something to a Chancellor of the Exchequer, and would cause more satisfaction all round than Mr. Robert Lowe's proposal to tax lucifer matches. The nation at large would feel that there was less degradation in money coming from an advertisement than from a pot of beer.

I read, a day or two ago, that a gentleman had been given a testimonial by certain newspapers because he had spent £500,000 on newspaper advertisements over a term of years.

There was a man who looked at the full moon one clear night and remarked that he would like the space for an advertisement. Why, they advertise on your penny tram tickets, and advertisements are stamped on the pavements.

The Bishop of Durham, Dr. Moule, preaching in Westminster Abbey on November 21st, just the other day, said that this country spent in strong drink £150,000,000, a year, and that the United States of

America, with a larger population, spent £70,000,000 less. This statement having been incorrect, the Bishop afterwards said that the drink bill of the United Kingdom reached about £170,000,000 per annum, and that of the United States £290,000,000. "The Standard" newspaper pointed out that the Bishop's figures were still £10,000,000 too much in the case of our expenditure, and that of the £160,000,000 spent in 1908, one quarter was taxation taken by the State, that is to say, £40,000,000 POUNDS IN TAXATION CAME TO THE STATE FROM THE DRINK TRAFFIC.

Tax advertisements and you need not invite people to drink in order to pay your way.

Advertising is now an art which demands some of the best skill and ingenuity in the world. Our streets, our roads, our books, and our newspapers are made absolutely objectionable by the semi-indecency of many of the advertisements—pictures of actresses in semi-nude presentation, articles of underwear, generally combinations or corsets, etc. These and other advertisements are as near being indecent as they dare to be, and yet they pay no tax of any kind. Take the theatrical or music hall posters, some very hideous and suggestive of murder, violence, and crime, yet they pay no tax. Of course these posters cost money, but no tax would stop them appearing on our walls in such profusion. Think it over, and imagine what could be made out of one daily or weekly paper for one day's issue. I believe the taxes on beer and spirits would be almost swamped.

It has been argued that beer, consisting of water, sugar, malted barley, hops, and 5 per cent. of alcohol, is a nourishing food. Suppose it were true. Need a man therefore go off and drink 16 pints of it as a miner once told me he could do? I don't suppose a

pint of pure beer, or a pint of light German beer, such as they drink in Germany in such large quantities, will do any harm, and it may be a refreshing adjunct to a bit of bread and cheese; but when you come to drink inordinately of beer—good or bad beer—there will be one effect on the brain, stomach, liver, kidneys, and other organs and tissues of the body, which will break out in fat, foul breath, mental apathy, and muscular weakness. No doubt vigorous muscular exercise will help the blood vessels to get rid of the excess through the skin and kidneys, and for a time our beer toper may do rather better than the gentleman who works in an office, but 5 per cent. of alcohol will tell in the long run, and the man who drinks beer will "think" beer, as Dr. Johnson said.

After hard exercise, such as walking on the fells on a hot day, tea is infinitely more refreshing and sustaining than beer; you can walk on tea whilst you drowse on beer.

I am told that the puddlers of the black country, working in a great heat, drink enormous quantities of beer. The life of a puddler is the shortest of all occupations.

This leads me to speak of the occupations of the people who, from the Registrar General's Reports each year, are known to suffer the most, or die from alcohol. Partly owing to a desire which medical men have to spare the feelings of relatives, the death certificates do not always frankly indicate the cause which led to the disease of the liver or kidneys, or nerve destruction induced by alcohol. Some trades and occupations are more trying than others, and are conducted under more trying circumstances. Take the stoker on board ship, or a dock labourer. Some occupations

offer more opportunities than others—as the butler, the waiter, the barman, or bar tender, where access to alcohol is easy. Take a sedentary occupation under peculiar conditions—a cab driver, especially a night cab driver; these men are exposed to wet, cold, fog, and misery; they seek comfort in the temporary heat found in alcohol. I fancy many tradesmen, through lack of a full day's occupation in a small town, are induced to fill up spare moments with a drink of some sort, which practice ends in a confirmed habit. I am proud to note that our Clergy set us an example of sobriety, moderation, and long life; practising what they preach, and showing that example is ever in front of precept. So far as the legal profession and my own are concerned, there is much to be done before the same level of long life and sobriety, as is shown by the clergy generally, is reached.

One might pursue this branch of the subject, but I cannot dwell upon it any longer, beyond saying that the causes of death are now more carefully traced than ever they were, and that the evil effects of alcohol upon the organs of the body are being demonstrated with greater accuracy by the Registrar General in his Annual Reports.

TITLES OF PUBLIC-HOUSES.

I notice here and there places called "Railway Hotel," "Railway Tavern," "L. & N. W. R. Inn," and so on. It is rather to be wished that other titles than these had been chosen, because it seems to me that these names are intended to invite railway men to drink; to invite them inside to throw away their hard-earned wages for the benefit of some brewer or distiller.

"Surely in vain the net is spread in the sight of any bird," says the proverb.

Railway men are far easier snared than birds. The inn is placed adjacent to the railway, with the door open. It is not called the "Workman's Haven," or the "Porter's Home," or any such name to cover the nature of the snare, but "Railway Arms" are there to receive the railway man, who is promptly caught with chaff far easier than a sparrow. It would be well if railway men, railway porters, railway shunters, permanent way men, station masters, signalmen, and clerks would firmly set their faces against these insidious invitations, and decline to contribute to the building of a mansion for any distiller or brewer.

In a sort of historical record of the doings and sayings in London during the last 40 years, called "Piccadilly to Pall Mall," by Ralph Nevill and Charles Edward Jerningham, published 1908, there are here and there allusions to the habit of personages in relation to cards, betting, drinking, racing, and the like.

A reference to temperance in this work is worth noticing.

"THE CAUSE OF TEMPERANCE HAS CONQUERED OWING TO THE ALTERED HABITS OF THE TIME, TO A CHANGED PUBLIC OPINION, AND, ABOVE ALL, TO AN INCREASED KNOWLEDGE OF THE LAWS OF HEALTH; A GENERAL AND WELL-FOUNDED IDEA PREVAILING THAT ALCOHOL TAKEN, EXCEPT IN VERY MODERATE QUANTITIES, LEADS TO ILLNESS, DISCOMFORT, INEFFICIENCY, AND EVEN SOMETIMES TO DEATH."

This is the summary neither of a faddist, a puritan, nor of an indifferent individual, but the opinion of a man of the world, who cares for very little beyond watching the way the tide flows and grasping the evidences floating on the surface.

In this country we make a great deal of processions and banners with inscriptions, but all the while the tide of opinion ebbs and flows in spite of orators, banners, bands, and speeches.

"Illness, discomfort, inefficiency, and even sometimes death." In these few words the authors of the book I have named enumerate the consequences which the indulgence in the use of alcohol entails, except when taken in very moderate quantities. This is the sort of language which appeals to reason rather than to prejudice and passion.

In conclusion, I wish to say that I consider the future full of hope and promise. I see the more leisured and wealthy classes of society far more self-respecting now in reference to alcohol than they formerly were. I see at public dinners the abstainer, or absolute teetotaller, drinking what he chooses without a remark being made. I know that a very large body of the artizan and labouring classes, and railway employees, are banding themselves together to promote temperance. I see men and women, and indeed boys and girls, using endeavours by their influence and example

to check this useless and harmful consumption of alcohol. I know that doctors, taught by the long experience of the London Temperance Hospital, have awakened to the fact that injuries and diseases may be combated without the use of alcohol.

And, what then? To all who are thus working I would say, go forward, go onward, expecting no miracle, anticipating no millenium, demanding no revolution, but making your movement grow as a sapling grows into an oak tree, as a child grows into a man or woman. There must be patience whilst advance is made, even though this advance should be slow.

From Parliament there is always something to expect and get, but recollect that NO PARLIAMENT DOES ANYTHING UNTIL FORCED BY THE PUBLIC OPINION OF A NATION, and therefore I expect more from the slow growth of a nation's awakening to realise the mischief, the waste, the folly, and the degradation of the drinking of alcohol in anything but extreme moderation.